

What is claimed is:

1. In a shoe having a sole, a foot cover member attached to said sole, a plurality of lace holes extending in two  
5 front rows on the front portion of the foot cover member, with the improvement comprising:

a pocket formed on each side of the foot cover member at a portion corresponding to the portion of a wearer's ankle;

10 a support piece removeably inserted into each pocket, said support piece having an ankle support and legs downwardly extending from the ankle support, said support piece being of a predetermined stiffness necessary to support the wearer's anklebone for preventing an unwanted  
15 ankle movement during a predetermined activity.

2. The shoe as described in claim 1 further comprising a support pad disposed in a lower rear portion of the foot cover member, said support piece sized and shaped to extend around a wearer's heel.

20 3. The shoe as described in Claim 1 further comprising a cap for covering each ankle support of the support piece, said cap having an inner side corresponding to the side facing the wearer's ankle, said cap having a padding formed on said inner side thereof.

25 4. The shoe as described in Claim 3 further comprising:

a cover band disposed on each side of the foot cover member, each cover band having a first end connected to the foot cover member behind a corresponding pocket, each cover band having a second end having an engagement member; and,  
5 each cover band being of a sufficient length to extend over a corresponding pocket and to the front portion of the shoe.

5. The shoe as described in Claim 4 further comprising:

10 a first band of loop fastening member disposed on the outer surface of each cap;

each cover band having a second band of hook fastening members disposed on an inner surface thereof for engagement with a corresponding first band of loop  
15 fastening member as each cover band extends over a corresponding pocket to the front portion of the shoe.

6. In a shoe having a sole, a foot cover member attached to said sole, a plurality of lace holes extending in two  
20 front rows on the front portion of the foot cover member, with the improvement comprising:

a support sleeve disposed on each side of the foot cover member at a portion corresponding to the portion of a wearer's ankle;

25 a first support piece removeably inserted into each support sleeve, said first support piece having an ankle

support and legs downwardly extending from the ankle support, said first support piece being of a predetermined stiffness necessary to support the wearer's anklebone for preventing an unwanted ankle movement during a  
5 predetermined activity.

7. The shoe as described in claim 6 further comprising a heel support pad disposed in a lower rear portion of the foot cover member, said support piece sized and shaped to extend around a wearer's heel.

10 8. The shoe as described in Claim 6 further comprising a plurality of second support pieces, each support piece having an upper portion bending to a lower portion, said upper portion is disposed in the lower portion of the foot cover member corresponding to the area  
15 of the wearer's ankle; and said lower portion is disposed in the sole.

9. The shoe as described in Claim 6 further comprising:

a snap connected to the outer surface of each support  
20 sleeve;

a button disposed on the outer surface of each side of the foot cover member; and wherein,

without a first support piece therein, each support sleeve bends outward and downward to connect each snap with  
25 a corresponding button.

10. The shoe as described in Claim 6 further comprising a band extending through the upper portion of the support sleeves to form a closeable loop.

5 11. A shoe comprising:  
a sole,;  
a foot cover member attached to said sole;  
a support sleeve disposed on each side of the foot  
cover member at a portion corresponding to the portion of a  
10 wearer's ankle; and,

a first support piece removeably inserted into each  
support sleeve, said first support piece having an ankle  
support and legs downwardly extending from the ankle  
support, said first support piece being of a predetermined  
15 stiffness necessary to support the wearer's anklebone for  
preventing an unwanted ankle movement during a  
predetermined activity.

12. The shoe as described in claim 11 further  
comprising a heel support pad disposed in a lower rear  
20 portion of the foot cover member, said support piece sized  
and shaped to extend around a wearer's heel.

13. The shoe as described in Claim 11 further  
comprising a plurality of second support pieces, each  
support piece having an upper portion bending to a lower  
25 portion, said upper portion is disposed in the lower  
portion of the foot cover member corresponding to the area

of the wearer's ankle; and said lower portion is disposed in the sole.

13. The shoe as described in Claim 11 further comprising:

5 a snap connected to the outer surface of each support sleeve;

a button disposed on the outer surface of each side of the foot cover member; and wherein,

without a first support piece therein, each support  
10 sleeve bends outward and downward to connect each snap with a corresponding button.

14. The shoe as described in Claim 11 further comprising a band extending through the upper portion of the support sleeves to form a closeable loop.

15

20